

Vol. 19, Issue 1  
Spring 2019

# UNRAVELLED

Newsletter for School of Education and Psychology



Power for Mind & Soul

## Congratulations, May 2019 Graduates!

*Pages 4-6*



## Creative Teaching Strategies Boost Classroom Interaction



*Psychology Professor Cristy Pratt engages with her Developmental Psychology students.*

Southern Adventist University's School of Education and Psychology professors strive to prepare every student for a life of service as a successful Christian professional. They realize that with so many forces competing for the attention of today's young people, it can be difficult to actively engage college students in lecture classes.

To meet this challenge, our faculty are finding unique and effective ways to present core concepts. Psychology professors Cristy Pratt and Matt Tolbert are incorporating various innovative teaching strategies to engage their students in classes such as Personality Theories, Developmental Psychology, and Human Sexuality.

Professor Tolbert uses the "flipped classroom" technique, which dedicates class time to active group learning and moves the delivery of basic content online to eClass, which students access during personal study time. In his flipped classroom, Tolbert encourages student engagement through discussions, in either large or small groups, and by using videos to stimulate collaborative learning. He also assigns small, specific projects during class so that he can answer student questions and serve as a facilitator. *(continued on page 3)*

# FROM THE DEAN'S DESK

This semester is rapidly slipping away! The slide seems to be happening sooner than usual, perhaps because of all the rain we've experienced lately. We could summarize the semester as rain, rain, and more rain, but we can also decide to focus on the blessing of showers. Changing our thinking makes it easier to see the sunny side of the semester.



**Bonnie Eder, EdD**

Some of the blessings we've experienced include Preview Southern, when we met with many potential students visiting the campus. In addition, some of our students are counting down the days until graduation. Meanwhile, in between these two groups, the returning students are completing another year and selecting their classes for next semester as they work their way through the degree audit.

We also have graduate students who fit into the School of Education and Psychology along with the faculty and staff. We all have bonded, laughed, and sometimes shed tears together during this school year. It has been a blessed year as we have all continued to grow in Christ.

Congratulations to the graduating students; we have enjoyed having you here, and you will always be a part of the Southern family. Please keep us updated on how you're doing, because you are important to us. Find a church family wherever you settle, participate in the activities, and determine to make the church a better place by your presence and commitment.

To our returning students, we look forward to having you back in the fall and wish you a productive, fun and refreshing summer.

Bonnie Eder,  
Interim Dean

## Engaged Encounter Retreat 2019

by Kayla Johns and Jeanina Mann

During the weekend of March 29-31, 2019, Southern's counseling program hosted the Adventist Engaged Encounter for couples in the area who are dating, engaged,



*Couples participated in an agape feast during the retreat.*

or newly married. Adventist Engaged Encounter is a weekend retreat that originated at Andrews University. The facilitators, Jeff and Twyla Smith, led out in workshops for the 18 couples in attendance, covering important subjects to support successful Christian marriages.

Throughout the weekend, these couples had an opportunity to discuss their views on each topic and how they can incorporate it into their lives. The couples attended the seminars, then spent private time together for personal reflection and sharing. Participants also enjoyed a relaxing agape feast which consisted of a variety of delicious fruits, cheeses and veggies. Additionally, as part of the Prepare/Enrich program, the couples were able to take an assessment to determine their areas of strength and growth. Prepare/Enrich gives couples the necessary training for a successful marriage. Just as most professionals are required to take continuing education in order to stay competent in the field, married couples likewise need continuing education, such as this retreat, to stay successful.

This weekend also offered MS counseling students the opportunity to practice skills and tools unique to couple's counseling. As part of the counseling program, our students have been working with the attending couples and reviewing



*Jeff and Twyla Smith lead out in a seminar.*

their assessment results in order to help them further strengthen their relationships.

For more information about the counseling program, please contact [gradcounseling@southern.edu](mailto:gradcounseling@southern.edu).

UNRAVELED  
Volume 19, Issue 1

Editor: Davida Phillips

Phone: 423.236.2765  
Fax: 423.236.1765  
Email: [edpsych@southern.edu](mailto:edpsych@southern.edu)  
Website: [southern.edu/edpsych](http://southern.edu/edpsych)

UNRAVELED is the official newsletter for the School of Education and Psychology at Southern Adventist University.

## Creative Teaching Strategies Boost Classroom Interaction *(continued from page 1)*

Tolbert believes these changes are improving his students' ability to not only apply concepts and develop meaningful relationships with their classmates, but also to enjoy the learning process. "I see students come to class who are excited and interested in discovering something new about their own minds," he explains.

In her psychology courses, Professor Pratt uses strategies that increase participation to foster a positive classroom climate. For example, she incorporates competitive games such as Quizlet Live, which lets students use their phones or tablets to find an answer to a quiz question, and then displays the "score" of the top-ranked student or group. Pratt sees such social strategies as important for cultivating retention and comprehension among her students, since "remembering the classroom activity will allow for a deeper, more real understanding of the concepts."

Education professor Krystal Bishop incorporates active learning simulations into her Foundations of Literacy and Principles of Teaching Reading courses. Her goal is to make the in-class experiences relevant to what her students will be doing in their own classrooms, while still respecting them as college students. Activities include co-creating lesson plans for elementary classrooms and developing a writer's notebook. Her teacher candidates also conduct book chats with small groups of elementary students, which give them an opportunity to discuss books appropriate for the students' developmental level. Professor Bishop says that later, while student teaching or as first-year teachers, many have expressed appreciation for the real-world techniques they learned during these classes.

Of course, graduate programs also benefit from our professors' unique strategies. For instance, counseling professor Tami Navalon currently teaches Assessment and Appraisal. In addition to class discussion and dialogue, she designs hands-on activities and assignments that help students explore their own lives through the lens of what they are learning. Professor Navalon says, "I believe learning takes place when information is more meaningful to students, and when the information can be applied to their own lives." The progress is evident in her students' growing passion about what they are learning—and how they begin to view assignments as a joy instead of a chore.

Outdoor education professor Monty Murdoch includes intensive expeditions in his graduate-level classes. The outdoor education program includes traditional coursework as well as short summer-learning intensives,

which typically put both students and the professor in the field for 10 days, 24 hours a day. Students visit different locations depending on the study topic.

Professor Murdoch enjoys using the "See one, Do one, Teach one" strategy, in which students learn theory, see it being used, and then develop materials to apply what they have learned. In this way, outdoor education students get comfortable working in an outside teaching environment and are able to practice using the skillset it requires.

Our School of Education and Psychology professors utilize methods they have learned from other educators, professional conferences, personal brainstorming, and even their own dreams. Innovative teaching techniques benefit not only the students, but also the professors who are creating and using them. Our teaching faculty enjoy being able to foster deeper relationships with their students while helping them achieve their goals for a life of service.

**"Getting to know [my students] and getting to share a small part of their journey... is a privilege I treasure."**

**-Tami Navalon**



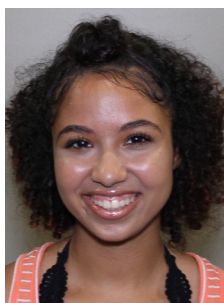
*Developmental Psychology students work in small groups.*

If you would like to receive future *Unraveled* newsletters electronically, please email [uas@southern.edu](mailto:uas@southern.edu) and request to be added to the list.

# CONGRATULATIONS, MAY 2019 GRADUATES!



**Jonathan Adels**  
**Major:** MS School Counseling  
**Hometown:** Chattanooga, TN  
**Future Plans:** Become a school counselor



**Antannia Aguilar**  
**Major:** Psychology - Family Systems  
**Hometown:** Wilmington, NC  
**Future Plans:** Graduate school for school and clinical mental health counseling



**Alexis Amaya**  
**Major:** Psychology - Family Systems  
**Hometown:** Saint Paul, MN  
**Future Plans:** Take a gap year, then attend graduate school



**Brooke Anderson**  
**Major:** MS School Counseling  
**Hometown:** Hartford, CT  
**Future Plans:** Get married, then complete my EdS and PhD! My goal is to be the best school counselor I can be



**Carissa Blewett**  
**Major:** Liberal Arts Education (Non Licensure)  
**Hometown:** Higdon, AL  
**Future Plans:** Use my education skills in service for God, wherever He leads



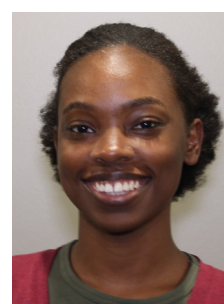
**Lindsey Bonilla**  
**Major:** Psychology - Clinical  
**Hometown:** Fairfax, VA  
**Future Plans:** Work for AmeriCorps City Year DC, mentoring low-income students



**Vanessa Bonilla Downs**  
**Major:** Psychology - Clinical  
**Hometown:** Austin, TX  
**Future Plans:** Gain experience with struggling women and graduate school



**Sonja Cartwright**  
**Major:** Religious Education  
**Hometown:** Sacramento, CA  
**Future Plans:** Become a Bible teacher/ high school chaplain



**Leah Clayton**  
**Major:** Liberal Arts Education (Non-Licensure)  
**Hometown:** Orlando, FL  
**Future Plans:** Become an elementary school teacher



**Curtis Cooper**  
**Major:** Psychology - Industrial/ Organizational  
**Hometown:** Henryville, IN  
**Future Plans:** Graduate school



**Courtney Day**  
**Major:** Liberal Arts Education  
**Hometown:** Peachtree, GA  
**Future Plans:** K-2 Teacher at Shoal Creek Adventist School



**Dina Derilas**  
**Major:** MS Clinical Mental Health and School Counseling  
**Hometown:** Brooklyn, NY  
**Future Plans:** Work as a school counselor as well as mental health counselor



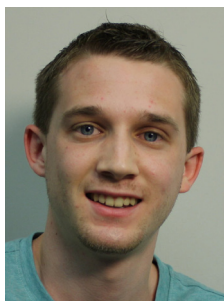
**Brianna Diaz**  
**Major:** Liberal Arts Education  
**Hometown:** Orlando, FL  
**Future Plans:** Become the best teacher I can be in the state God chooses for me



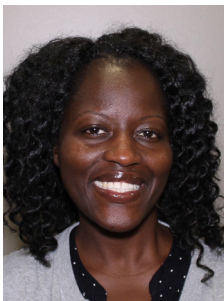
**Natalie Diaz**  
**Major:** Physical Education  
**Hometown:** Miami, FL  
**Future Plans:** Become a PE teacher/athletic director



**Rachel Ferrel**  
**Major:** Liberal Arts Education  
**Hometown:** Columbus, WI  
**Future Plans:** Become a K-2 teacher



**Alex Gallimore**  
**Major:** MS Clinical  
 Mental Health  
 Counseling  
**Hometown:**  
 Orlando, FL  
**Future Plans:**  
 Continue graduate  
 studies in Data  
 Analytics



**Stacey Grant**  
**Major:** MS School  
 Counseling  
**Hometown:** Toronto,  
 Canada  
**Future Plans:**  
 Become a school  
 counselor, teach, and  
 complete PhD



**Jessica Gray**  
**Major:** MSED  
 Outdoor Education  
**Hometown:**  
 Lakewood, CO  
**Future Plans:**  
 Exploring career  
 options in outdoor  
 education in the  
 Denver area



**Sarah Griggs**  
**Major:** Religious  
 Education  
**Hometown:** Grand  
 Rapids, MI  
**Future Plans:** Get  
 married and be a  
 Bible/Math/Spanish  
 teacher



**Kyle Harris**  
**Major:** History  
 Education  
**Hometown:**  
 Chattanooga, TN  
**Future Plans:** Pursue  
 a career coaching  
 football at the high  
 school, college, or  
 pro levels



**Taylor Haugen**  
**Major:** Liberal Arts  
 Education  
**Hometown:** Orange  
 County, CA  
**Future Plans:**  
 Become an early  
 elementary teacher



**Tyler Hedges**  
**Major:** Physical  
 Education  
**Hometown:** Havre  
 de Grace, MD  
**Future Plans:**  
 Graduate school or  
 teaching



**Savannah Ivins**  
**Major:** English  
 Education  
**Hometown:**  
 Centerville, TN  
**Future Plans:** Teach  
 English, go to grad  
 school, travel and  
 enjoy life



**Julia Jedamski**  
**Major:** Psychology -  
 Clinical  
**Hometown:** New  
 Market, VA  
**Future Plans:**  
 Graduate school,  
 become an  
 occupational therapist  
 for special needs  
 children



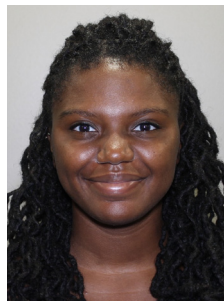
**Matthew Lawson**  
**Major:** Religious  
 Education  
**Hometown:**  
 Collegedale, TN  
**Future Plans:** Inspire  
 a positive change  
 wherever God leads  
 me



**Jeanina Mann**  
**Major:** MS School  
 Counseling  
**Hometown:** Auburn,  
 WA  
**Future Plans:**  
 Become a school  
 counselor wherever  
 God leads



**Jessica Mattox**  
**Major:** Psychology  
**Hometown:** Carlisle,  
 KY  
**Future Plans:**  
 Working at an  
 Adventist academy,  
 hopefully as a girl's  
 dean as well as with a  
 gymnastics team



**Adonijah McCann**  
**Major:** Psychology -  
 Family Systems  
**Hometown:**  
 Lynchburg, VA  
**Future Plans:**  
 Graduate school for  
 school and clinical  
 mental health  
 counseling



**Micaela Myers**  
**Major:** Music  
 Education  
**Hometown:**  
 Collegedale, TN  
**Future Plans:**  
 Become a music  
 teacher

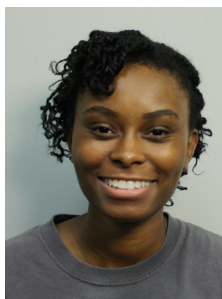


**Michelle Nieb**  
**Major:** Mathematics/  
 Music Education  
**Hometown:**  
 Smithsburg, MD  
**Future Plans:**  
 Become a teacher

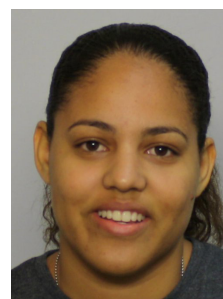
# MAY 2019 GRADUATES



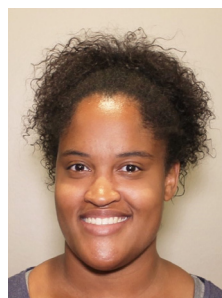
**Jazmyne Page**  
**Major:** MS School Counseling  
**Hometown:** Knoxville, TN  
**Future Plans:** Become a school counselor, complete Education Specialist degree



**Morgan Parker**  
**Major:** Psychology - Clinical  
**Hometown:** Atlanta, GA  
**Future Plans:** Graduate school and become a clinical neuropsychologist



**Sarah Parris**  
**Major:** Physical Education  
**Hometown:** Willemstad, Curacao  
**Future Plans:** Work as a PE teacher and become a soccer coach



**Davida Phillips**  
**Major:** MS School Counseling  
**Hometown:** Gary, IN  
**Future Plans:** Become an elementary school counselor



**Jennifer Reiss-Watson**  
**Major:** MSEd Instructional Leadership  
**Hometown:** Chelmsford, MA  
**Future Plans:** Continue teaching at Standifer Gap School in Chattanooga



**Amy Risinger**  
**Major:** MS Clinical Mental Health Counseling  
**Hometown:** Chattanooga, TN  
**Future Plans:** Travel abroad and work toward licensure, raise kids, get a goldfish



**Ashton Rubaine**  
**Major:** Psychology - Clinical  
**Hometown:** Southampton, Bermuda  
**Future Plans:** Graduate school



**Evan Salter**  
**Major:** Religious Education  
**Hometown:** Modesto, CA  
**Future Plans:** Become a Bible or history teacher, earn my master's degree



**Bonnie Sholock**  
**Major:** English Education  
**Hometown:** Fletcher, NC  
**Future Plans:** Having our first baby in August! Planning to teach English online



**Leilany Velasquez**  
**Major:** Psychology - Industrial/Organizational  
**Hometown:** Chattanooga, TN  
**Future Plans:** Earn my master's degree and become a traveling consultant



**Kara Wait**  
**Major:** Elementary/English Education  
**Hometown:** North Carolina  
**Future Plans:** Become a teacher. Sky's the limit!



**Jennifer Wheeler**  
**Major:** Biology Education  
**Hometown:** Sheboygan, WI  
**Future Plans:** Become an educator at an aquarium and marine biologist



**Sarah Wolfe**  
**Major:** Biology Education  
**Hometown:** Eau Claire, WI  
**Future Plans:** Teach science at a high school in Taipei, Taiwan

**Not Pictured:** Ashley Davis (Psychology-Clinical), Fallon Fields (Psychology - Family Systems), Monica McKenzie (Liberal Arts Education), Nicole Sanchez (Liberal Arts Education), Alyssa Vallieres (MSEd Instructional Leadership), Kaityln Warman (Psychology- Clinical)

*Photos courtesy of Southern's website*

## EDUCATION ALUMNI UPDATE: Steven Arauz

**“If I can help contribute to making people happy, then I’ve found my life’s purpose.”**

**-Steven Arauz**



*Steven and Quinton during their 2 month backpacking Europe and Africa.*

An elementary education graduate of 2012, Steven Arauz’s journey after Southern is nothing short of amazing. After graduation, Arauz spent a year as a student missionary teaching in Madrid, Spain, and then taught in Daytona Beach, Florida. As a 26-year-old single with a maintenance-free condo and his summers free, he had time to travel to both India and Africa with World Vision, a humanitarian aid organization, but he couldn’t help wondering if there was more to life.

To find out, Arauz decided to respond to an urgent need in Florida for foster-care parents. He took a training class four years ago and began taking in foster kids, including one who became his adopted son in April of 2016. Now Arauz works at Forest Lake Education Center in Longwood, Florida. He teaches both Bible and social studies to approximately 80 students who are in the sixth grade. In his social studies class, he covers social justice topics such as race, immigration, and religion and challenges his students to come up with solutions to real-world issues.

Arauz considers teaching the best choice he’s made in his career, and he is confident that God called him to ignite and explore students’ imaginations and ideas. He also enjoys getting to know their families through service projects they can do together, such as sorting food, donating clothing for children and serving the homeless. In addition to his leadership responsibilities at the school, Arauz is active in the Central Florida foster care community. As a single dad, he has fostered 10 children and is helping to recruit other “nontraditional” foster care parents to respond to what has

become a critical social need. In foster training classes, Arauz talks candidly about his experiences, and he also leads a foster care ministry at the Florida Hospital Seventh day Adventist Church. He has been featured in The New York Times and in many other local newspapers and magazines about his experience in adopting Quinton, who was one of his fourth-grade students in Daytona Beach and is now 14 years old.

Arauz attributes his leadership skills to the training he received at Southern, where he learned to lead by example. “If I expect something

to be done, I must first be able to do that myself,” he said. Eager to help his students create a productive future, Arauz appreciates that he was taught the value of reaching others and ministering through education. Southern’s teacher training program helped him understand people, he says, and how we all are uniquely different but have a wholesome desire to be happy. When asked for advice he’d pass on to current Education majors, Arauz suggests that they take some time to get to know themselves first, before they teach. “You, as a teacher, are making more than just money,” he says, “You’re influencing values.” He also recommends they



*Steven and Quinton visiting North Carolina.*

find a school that appreciates and supports its teachers. What he misses most about Southern are the connections he made with other students and the freedom to make mistakes and ask questions without seeming incompetent.

The most fulfilling aspect of his current teaching role is being in the right place at the right time for when his students need him most. He says, “[It’s fulfilling] to be the one who pulls out the smile they’ve been hiding, offers a listening ear, makes them laugh when they are sad, and helps build their confidence.”



**School of  
Education and Psychology**

P.O. Box 370  
Collegedale, TN 37315-0370  
edpsych@southern.edu  
southern.edu/edpsych  
423.236.2765



# ONLINE MSEd OPTIONS

Where Faith, Learning, and Professional Excellence Meet

## **Be an innovator with Literacy**

**Education.** Redesigned curriculum prepares classroom teachers to engage and empower students to be strong communicators and critical thinkers. Teachers may complete the degree online in two years, with one two-week intensive on campus.

## **Position yourself for advancement with Instructional Leadership.**

Southern's online program with one two-week intensive on campus prepares you to transition to a role as a principal or administrator.

## **Take learning outside with Outdoor**

**Education.** Teachers, youth leaders, and others learn how to meet a variety of educational and emotional needs by immersing children, teens, and adults in God's Book of Nature. This unique intensive-based program focuses on experiential learning, practical skills, and linking others to their Creator through nature. Summer field schools and fall/winter intensives are available.



**1.800.SOUTHERN • [southern.edu/graduatestudies](http://southern.edu/graduatestudies)**

